

SE
C
A



JEWISH HERALD-VOICE

JHV

GREATER HOUSTON'S JEWISH NEWS MEDIA SINCE 1908

July 2022 • \$5 per copy
Volume CXV • Number 16

Meet the only Jewish mom in a small Texas town

Page 11



Strategic. Collaborative. Experienced.



Karen Harberg
REALTOR ®
281.546.9444

@harberghomes
karenharberg.com
karenharberg@compass.com

**Your guide through
this complicated
real estate market.**



COMPASS

Compass is a licensed real estate broker, licensed to do business as Compass RE in Delaware, Idaho, New Jersey, Pennsylvania and Tennessee, Compass Realty Group in Kansas and Missouri, Compass South Carolina, LLC in South Carolina, and Compass Real Estate in Washington, DC, Idaho and Wyoming and abides by Equal Housing Opportunity laws.



BIG AND SMALL:

Loving a Community for Almost 50 Years

We love our work. We crave the happy bustling of our New York Deli & Coffee Shop, rolling up our sleeves for another gathering with Houston Catering Concepts, and the early mornings and late nights New York Eatery requires. There is a feeling of rich fulfillment that follows the kind of tired only earned after long hours of hard work.

But over the years, we've found that if you'll let it, work can become something even greater. The deepest joy—and biggest success—comes from labor that is actually love.

Sometimes the love is visible in big ways: Hosting a 50th wedding anniversary dinner. Sponsoring a tee-ball team. Making space for a blood drive.

Sometimes the love feels small, even mundane: Pouring a hot cup of coffee. Holding open a door. Remembering a name.

At our restaurants and bakeries, we're gifted with chances to love big and small, every single day. We don't really feel like we're just building better places for all of Houston to eat and drink, although we do hope every bite and sip we prepare brings comfort and delight. In the end, what we're really building, smile by smile, bagel by bagel, is community.

Now that we're grown, with families and businesses of our own, we realize that when our parents, aunts, uncles, and grandparents waited on, baked, and cooked for neighbors, they weren't just serving them. They were loving them.

Our advice? Love the people around you the best ways you know how. Grandiose or granular—it all matters. When you take time to love your neighbors, you'll look up and find yourself surrounded not just by people who live nearby, but by a community, full of heart. We know it's true because we've lived it.

Houston: Thank you so much for letting our families love you for almost 50 years. Let's keep building.

nybagelsandcoffee.com • 713-NY-BAGEL • 9724 Hillcroft St. • 5422 Bellaire Blvd.



JHV

JEWISH HERALD-VOICE GREATER HOUSTON'S JEWISH NEWS MEDIA SINCE 1908

ISSN 0021-6488 USPS 0275-360

VOICES

Volume CXV – Number 16

FOUNDING PUBLISHERS

Edgar Goldberg 1908-1937

David H. White and Ida S. White 1938-1973

Joseph W. Samuels 1973-2011

EDITOR and PUBLISHER

Jeanne F. Samuels

PRESIDENT & CEO

Vicki Samuels Levy

CHIEF OPERATING OFFICER

Matt Samuels

Staff writer | Aaron Howard

COLUMNISTS

Alice Adams • Dr. Joshua Furman

Cantor Francine Davis Jacobs

Rabbi David Rosen • Yael Trusch

Russell Weil • Teddy Weinberger

CONTRIBUTORS

Judy Bluestein-Levin • Hagit Bibi

Daniel Bissonnet • Michael C. Duke

Cameron Samuels

PRODUCTION

Production director | Aaron D. Poscovsky

Magazine designer | Matt Samuels

Proofreaders | Judy Bluestein-Levin

Jode Hestand • Hannah Gross • William Faour

SUBSCRIPTION/DISTRIBUTION

Matt Samuels

ADVERTISING SALES

Advertising Manager | Vicki Samuels Levy

Ad account executives:

Dr. Danna Fertsch • Lew Sampson

Classified/Singles | Joseph Macias

ADMINISTRATION

Director of first impressions | Sharon Stoper Livitz

Accounts receivable | Huong Tonnu

Bookkeeper | Mary Ainsworth

P.O. Box 153 • Houston, TX 77001-0153

News: articles@jhvonline.com

Subscriptions: subscribe@jhvonline.com

Advertising: advertising@jhvonline.com

Telephone: 713-630-0391 • Fax: 713-630-0404

Digital: jhvonline.com/e-edition

Web: jhvonline.com Twitter: @jhvonline

Facebook.com/JewishHeraldVoice

Located at 3403 Audley St., Houston, TX 77098-1923

VOICES 2022

There are so many unique voices in our Jewish community. Every summer, the JHV features many of these in our award-winning magazine. These individuals have made a big impact, not only with what they say, but with what they do.

- Shoshi Kaganovsky dropped everything to volunteer on the front lines of the Ukraine War, helping refugees in Israel, Poland and beyond.
- Nikki Hardesty serves on her city council and directs the county SPCA. And ... she's loud, proud and the only Jewish mom in a small Texas town.
- Daniel Steres, Houston Dynamo defender, is proud of his Jewish roots.
- Phyllis Rosen teaches canasta at the J to find friendship, battle cancer.
- Dr. Stanley Appel is a pioneer in ALS research and treatments.
- Kayla Sokoloff took a roundabout Jewish journey to rediscover her passion for dance.

We hope you enjoy VOICES. Stay safe this summer.



Houstonian Volunteers on the Front Lines of War in Ukraine
Page 5



New Dynamo Defender Proud to Represent his Jewish Traditions
Page 9



Dr. Stanley Appel: A pioneer in ALS research and treatments
Page 19



A Lone Jewish Family in a Small Texas Town
Page 11



Dance Team Leader Takes Roundabout Journey to Rediscover Her Passions
Page 23



It's the in the Cards! Teaching canasta helps senior find friendship, battle cancer
Page 15

Published weekly – Plus Passover, Voices in Houston, Rosh Hashanah, Celebrations and Chanukah editions – by Herald Publishing Co., 3403 Audley St., Houston, TX 77098. ©2022, with all rights reserved. Reproduction or use without permission of editorial or graphic content in any manner is prohibited. Periodicals Postage Paid at Houston, Texas. Subscription rates: USA \$180 for 3 years; \$125 for 2 years; \$65 per year; 9 months for \$55. Foreign subscriptions upcharged with international first-class postage. Single newspaper copies by mail: PREPAID \$4. Back Issues: PREPAID \$6. Single VOICES magazine copies by mail: PREPAID \$8 each. Postmaster: Send address changes to: Jewish Herald-Voice, PO Box 153, Houston TX 77001-0153.



Live Life Well®



Discover the beauty in the neighborhood you love.

The Village of Southampton
Luxury Independent Living
Assisted Living • Memory Care
281-886-8082
Facility ID# 110378

The Village of Tanglewood
Luxury Independent Living
713-977-1400

The Village of the Heights
Independent Living
Assisted Living • Memory Care
713-802-9700
Facility ID# 106191

The Village of River Oaks
Luxury Independent Living
Assisted Living • Memory Care
713-952-7600
Facility ID# 106919

The Village of Meyerland
Independent Living
Assisted Living • Memory Care
713-665-4141
Facility ID# 105335

*Schedule your
Tour Today!*



Jewish Federation
OF GREATER HOUSTON

JOIN US TO EXPERIENCE ISRAEL YOUR WAY

ISRAEL | 2022 YOUR WAY

November 7–14, 2022

This fall, join the Jewish Federation of Greater Houston on a one-of-a-kind journey through Israel. Choose your unique track, enjoy a special Shabbat experience in Jerusalem, and select additional options to enhance your trip. You will also have the opportunity to spend time in our partner city of Petach Tikvah and see the work of Federation partner agencies who are making progress in the areas of education, pluralism, and more.

FIVE TRACKS TO CHOOSE FROM:



ISRAEL IN MOTION

Eco/Outdoors/Wellness



TAPESTRY FOR THE SENSES

Art/Food/Culture



ADVANCING ISRAEL

Innovation/Entrepreneurship



LIVING ON THE EDGE: BEYOND THE HEADLINES

Politics/Religion/Security



20 YEARS LATER

Two decades of change and progress

COST (FOR LAND ONLY):

\$5,988 per person | Young Adult, 40 and Under: \$3,988 per person

The Mission is made possible by a generous grant from the Velva G. & H. Fred Levine Israel Community Mission Fund.

To see a sample itinerary and register, visit houstonjewish.org/mission2022

Question? Contact Suzanne Jacobson at sjacobson@houstonjewish.org.



Shoshi Kaganovsky

Houstonian Volunteers on the Front Lines of War in Ukraine

BY MATT SAMUELS | JHV

In the midst of a destructive war in Ukraine, Houstonian Shoshi Kaganovsky is desperately trying to communicate with a woman who has gone into labor while stuck in a Ukrainian bomb shelter.

Kaganovsky is not a doctor, but her unique skill set — including speaking Ukrainian, Russian and Hebrew — had her working as a translator between an Israeli hospital and Ukrainian families in need.

A week earlier, Kaganovsky was on the ground in Ukraine using her elite training as a former IDF soldier to help redraw maps and redirect hundreds of trucks full of lifesaving supplies that were getting hijacked before reaching refugees.

While many people have helped those affected by the war in Ukraine, Kaganovsky has taken the task to the next level and beyond.

“Volunteering and helping others is really just in my blood and in my DNA,” Kaganovsky told the JHV right after returning to Houston this summer.

“It all began with my grandparents, who were Holocaust survivors and adopted and fostered kids they didn’t even know. They would risk themselves for others.

“Helping others is not just a mitzvah, it is so much more than that.”

Kaganovsky, 36, volunteered on the war’s front lines for six weeks, returning in May with an entirely new perspective on life.

She spent time in Israel, Romania, Poland, Ukraine and Moldova, independently volunteering, at her own expense, for several organizations as a translator, negotiator and logistics and distribution officer.

Kaganovsky used her computer science



Ukrainian refugees visit a Holocaust memorial in Romania on Holocaust Remembrance Day.

“It all began with my grandparents, who were Holocaust survivors and adopted and fostered kids they didn’t even know. Helping others is not just a mitzvah, it is so much more than that.”
— Shoshi Kaganovsky

experience in Poland to build a database at a refugee camp that had thousands of children flowing across the border without parents.

“Most of them were orphans who were collected alone in the woods or in the ruins,” she said.

“They were between the ages of 2 and 12, and I was supposed to identify them. Most of them were so young, they didn’t even know their own last name. It was horrible. It was



Ukrainian refugees reunite.

like post-Holocaust.”

In Romania, Kaganovsky volunteered for a Jewish agency helping families go to Israel. She also began teaching an impromptu Hebrew class with 60 refugees.

When she found out refugees being evacuated could not bring their pets with them, Kaganovsky paid thousands of dollars out of her own pocket to allow 45 dogs and cats to escape with their owners.

“I had moved my three dogs from Israel to the U.S. when I moved to Houston, so I was familiar with the process,” she said.

“The refugee camp couldn’t cover the cost of flying pets and many refugees escaped their homes with just their pets and whatever else they could carry. So, I took care of it – no worries.”

Seeing the aftermath of the war from many perspectives, Kaganovsky said she felt Israel was prepared for the refugees.

“They were put in hotels, provided food, had a place to sleep, somewhere to do their laundry,” she said. “Every hotel had a coordinator who could speak Russian and Ukrainian. It was really heart-warming to see.

“Israel also set up many places for donations, and people could just come take what



Shoshi Kaganovsky paid thousands of dollars out of her own pocket to allow 45 dogs and cats to escape with their owners.

they needed off the shelf.”

Unfortunately, Ukraine was not the same, she said.

“The country’s infrastructure is not

strong, and the war was making it worse,” she said.

The situation at the border was unimaginable.

Shop Meyerland Plaza!



"Men cannot leave Ukraine and a lot of women were raped, just so their family could pass through the border," she said.

"Groups of soldiers on the border are literally taking bribes and sexual favors to let people cross."

Kaganovsky did what she could do to help those seeking refuge.

She opened up her late mother's vacant house in Northern Israel to refugees and purchased luggage and supplies to help others escape the war.

Helping others not only is in Kaganovsky's DNA, but has played a big part in her life.

Born in Ukraine, Kaganovsky helped her family immigrate to Israel when she was 5. As the only Hebrew speaker, she was filling out all the family's paperwork as a kindergartner.

"The looks I got were like when Macaulay Culkin went shopping during 'Home Alone.' It was like, 'Little Girl, what are you doing filling out papers for your Holocaust-survivor grandparents?'" she said.

After growing up in Israel and serving in the IDF, Kaganovsky continued to build her skill set and began working on many of her entrepreneurial projects.

In 2017, she developed a technology for oil-leak detection and prevention and moved to Houston to commercialize it.

The week she was supposed to arrive in Texas, Hurricane Harvey had other plans.

"I had to fly into Dallas and drive into Houston," she said. "I thought, this is my home now, people are suffering, and I need to come and help. I joined the Red Cross and other organizations and volunteered my first two weeks here."

Eventually, Kaganovsky was settled in her new city and her technology took off in the oil and gas world.

"I hired 26 people and signed huge oil and gas companies on contract," she said. "We won a bunch of awards – best leak-detection system in the world."

Things were going well until the pandemic hit.

"It was chaos," she said. "I held my employees as long as I could – six months – with no income. Suddenly, my entire world collapsed."

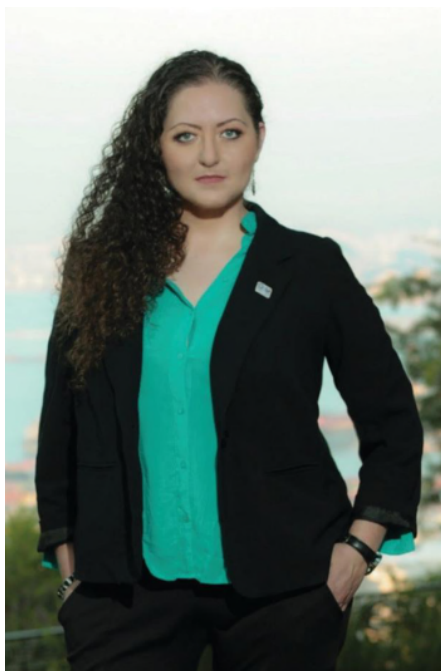
The lull gave Kaganovsky time to work on other technologies, including her latest project, RingOn, an audio- and GPS-equipped ring that is designed to help prevent human trafficking.

"For every ring we sell, we will donate a ring to other kids in underserved communities," she said.

"I believe it is our mission as a society to protect all the children, not just those who have parents who can afford to buy a ring."

It was many of the atrocities she witnessed in Ukraine that have her working even harder to stop human trafficking.

"There are horrible things happening over there," she said. "Sometimes, it just takes opening your eyes to the suffering of someone else to see how lucky you are and appreciate it." ☆



Shoshi Kaganovsky spent six weeks volunteering in Israel, Romania, Poland, Ukraine and Moldova.



VIRTUAL and IN-PERSON Appointments!

Whether you're new to Kelsey-Seybold or a current patient, you have a choice of where you can safely get care. Call our **24/7** Contact Center at **713-442-0000** to schedule a same-day or next-day virtual **Video Visit** or, for non-respiratory illnesses, an **in-person appointment** at a Kelsey-Seybold Clinic near you.

 **Kelsey-Seybold Clinic®**
Changing the way health cares.

kelsey-seybold.com

22 / 23

SEASON



On sale to
members now

Join today for priority access, discounts, donor benefits and more—starting at just \$25 per year.

performingartshouston.org



Le **MERIDIEN**
HOUSTON DOWNTOWN



FUNDED IN PART BY
THE CITY OF HOUSTON
THROUGH HOUSTON ARTS ALLIANCE

New Dynamo Defender Proud to Represent his Jewish Traditions



BY MATT SAMUELS | JHV

Daniel Steres has made a lot of adjustments this year.

New city. New house. New employer.

He and his wife are even expecting their first child later this month.

One thing the newest Houston Dynamo defender and Los Angeles native is still getting used to, however, is the Texas summer heat.

"The weather is definitely an ongoing question that I don't know if I will ever get used to," Steres told the JHV after a hot morning workout.

"We had a recent game at 7:30 at night and it still felt like 105 on the field level."

Steres joined the Dynamo this season after spending eight years with the L.A. Galaxy organization.

The 6-foot-tall center back gives Houston a veteran presence on a team that is trying to rebuild itself in Major League Soccer's competitive Western Conference.

Steres also gives the Dynamo its first Jewish soccer player, possibly in franchise history.

"Hopefully, I can be a role model for the Jewish kids that want to make it in

sports," Steres said.

Steres grew up in a large Reform Jewish family. He said he enjoyed sharing Shabbat and holidays together.

"We had a lot of traditions that have been passed down," he said. "And, I'd like to continue those traditions as I get older and pass them down to my kid."

"My parents and grandparents have always been the ones leading it in California. Now, it will be more on me to do it out here, which I look forward to doing."

Steres said one of his best Jewish experiences was representing Los Angeles as a teenager in the JCC Maccabi Games.

That experience brought him closer to his Judaism and helped boost his soccer career.

Born in Burbank, Calif., Steres graduated from Calabasas High School, before earning a soccer scholarship to San Diego State University where he earned PAC-10 honors and was named team MVP his senior year.

Steres went on to play in the inaugural season for the L.A. Galaxy II, where he was named team captain and Defender of the Year.

"As a center back, I'm pretty calm and try to keep the defense organized," Steres said. "The more I can put people in position, the less I have to do in cleaning up things."

In 2016, Steres moved up to the first-team L.A. Galaxy, where he played in 151 games over the next six seasons.

At the end of the 2021 season, Steres was traded to the Dynamo.

"Having been raised in L.A. and going to school in California and playing for the Galaxy, it was definitely a change," Steres said.

"I can't say we were prepared, but you always have to be ready. You never know when things are going to happen."

Steres has handled the change like a pro.

"For me, it was just trying to bring the experience I have being in the league for a while," he said.

"It's a younger group of guys here, and I try to use my leadership on and off the field and pass on some things I've learned throughout the years, as well as continue developing my game to help get this team where we want to be."

"Hopefully, I can be a role model for the Jewish kids that want to make it in sports."
– Daniel Steres

Steres has embraced the new franchise and even served as the face of the Dynamo's July Jewish Heritage Night.

"We've enjoyed Houston so far," he said. "We are settling into our new house, getting into the community a little bit and checking out what the city has to offer."

"It is similar in some ways to Los Angeles – it's a massive, diverse city that offers a lot of good things. People have been very friendly, food has been good, and there are a lot of activities."

As for the heat?

"I think we have acclimated a little bit, but it's definitely different," Steres said. "We train



in the morning, but it is still pretty hot.

"We just can't be too worried about it. Maybe, it can be an advantage for us playing against other teams." ☆

Come for a tour to learn about our move-in incentives!



The Medallion

a symbol of distinction in assisted living

We are a warm, intimate boutique-style residence with many years of experience caring for seniors.

Our staff, residents and families make The Medallion a special place to call home. Come join our family.

Call Stephanie Barrocas today at 713.778.5777



Your Southwest Houston Veterinarian

Lisa Lowenstein, DVM
Braescroft Animal Clinic
713-721-8081

A Lone Jewish Family in a Small Texas Town

She serves on the city council.
She directs the county SPCA.
She raises dogs, cats, rabbits
and multiple peacocks.
And ... she's loud, proud and
the only Jewish mom in town.



ALL PHOTOS BY JHV: DANIEL BISSONNET

Nikki Hardesty and her daughter, Sierra, are the only Jewish residents of Jones Creek, Texas – population 2,050 – which sits about 60 miles south of Houston in Brazoria County.

BY MATT SAMUELS | JHV

Every December, the small Texas town of Jones Creek decorates 70 trees outside City Hall to show off its residents' holiday spirit.

Standing out amongst the sea of red and green is one lone sapling, dressed in blue-and-white Chanukah flair.

Nikki Hardesty, and her daughter Sierra, are the only two Jewish residents of Jones Creek, which has a population of 2,050. The town sits about 60 miles south of Houston in Brazoria County.

"Most people here have never met a Jewish person until they meet us," Nikki told the JHV.

"Diversity is important, and we are able

to educate our community in a positive way."

Nikki, 50, is not only the lone Jewish adult in town, but quite possibly one of the busiest and most interesting residents of Jones Creek.

Nikki serves as an alderwoman on the city council (and was just a few votes short of becoming mayor on May 7), is director of the Brazoria County SPCA and is working on her master's degree in Shelter Medicine.

If that isn't enough, Nikki – along with her husband, Tim – share their home with seven dogs, multiple cats, plenty of rabbits and at least three peacocks.

"We are just an animal family and have a little farm," Nikki said. "When we bought

our house, the gentleman we bought it from had peacocks and they just stayed. We love them."

Despite the busy schedule, Nikki and Sierra, 14, still make their Judaism a center-point of their lives.

The two travel an hour to attend services at Congregation Beth El in Missouri City, where they have been very active, from Nikki serving on the education committee to both of them helping plan the Purim *shpiel*.

Sierra just celebrated her Bat Mitzvah in March.

Beth El spiritual leader Cantor Renee Waghalter has gotten to know the family well over the years and has admired Nikki's work ethic.



ALL PHOTOS BY JHV: DANIEL BISSONNET

Sierra and Nikki Hardesty visit with their dogs and one of their peacocks (below) in their spacious yard in Jones Creek, Texas. Sierra was a recent Bat Mitzvah at Congregation Beth El in Fort Bend County.

"I simply don't know anyone busier than she is," Cantor Waghalter told the JHV. "She's amazing and one of the kindest, most helpful, most creative and savviest people you'll ever meet."

"She is doing Jewish in an unlikely place."

So, what brought a nice Jewish lady from Long Island, N.Y., to Jones Creek, Texas?

"In 2004, I decided I needed a change of pace and moved to Louisiana," Nikki said. "Then, I met my husband, who is from Jones Creek. I just fell in love with the sleepy little town and said, 'Let's go!'"

"We sold my Louisiana house and moved to Jones Creek, where I've been for 13 years."

Jones Creek is best known for being the homestead of Stephen F. Austin, who still has descendants in the area.

"It's a great, quiet town that likes to do a lot of community activities," Nikki said.

"We have Jones Creek Pie Day, where we have locals come and bake pies and compete in eight different categories for prizes, ribbons and bragging rights. Then, people get a plate and a fork and eat as much of any pie as they want."

Although she loves baking, dogs always



have been Nikki's passion.

"I started off showing dogs in the '90s, showed Bullmastiff and Chinese Shar Peis and bred both breeds and had a lot of success. I had Westminster winners and top winning dogs in the nation."

When Sierra was born in 2008, Nikki had to step back from showing nationally and, instead, focused on local animal welfare. She served on the board of the SPCA for a few years before becoming the director two years ago.

During the pandemic, Nikki finished her bachelor's degree online in Health Service

Management and is working online on her master's degree in Shelter Medicine through the University of Florida.

As if raising a daughter, caring for animals and continuing her education wasn't enough, Nikki decided to get involved in politics.

"I tend to have strong opinions about things and I like to be involved," Nikki said. "If I see something not right, I want to be there to help fix it."

The turning point in her decision to become active politically was when Jones Creek flooded during Hurricane Harvey. The city's

drainage had been neglected for so many years, Nikki said, and she wanted to see tax dollars go toward improvements.

"We are right on Jones Creek – that's our name – but we are also between the Brazos River and the San Bernard and we are 8 miles from the Gulf," Nikki said.

"I've enjoyed being involved and helping the city get to where it needs to be. We are such a small community, and there is industry coming up around us and we really need to stay up with the times, or the industry is going to swallow us and none of us want that. We want to remain a

small community that is tucked away and left to itself.”

In 2022, Nikki decided to run for mayor. “I saw some things that maybe need to go another way,” she said. “I have a lot of managerial skills and experience working in a nonprofit, and I know how to take care of the money of taxpayers and donors.

“I think I can do a good job maintaining our budget and still meeting the needs of our community by looking for grants and being very wise about how we spend our tax dollars.”

Nikki lost the election by 68 votes but continues to serve as a city alderwoman.

While being the only Jewish family in town makes life interesting, Nikki said she and Sierra have never faced any antisemitism from the community.

“There were a lot more negative experiences in New York,” Nikki said. “Here, everyone has been welcoming and wonderful and we love this community.

“Both of us are very proud to be Jewish and my daughter has really taken that pride to the next level. Her Jewish upbringing is very important to me. I just feel she needs to be deep rooted in her religion and her heritage and traditions.”



The nearby Brazos River in Jones Creek, Texas.

ALL PHOTOS BY JHV: DANIEL BISSONNET

Sierra often teaches kids in school about Jewish traditions, while the family hosts a Passover Seder and Chanukah party at their house every year.

“There are usually more Christians than Jews, but that is OK,” Nikki said. “They all learn something and connect to us in a different way. It’s been a pleasure for Sierra and me to educate everyone.” And, that lesson is on full display outside

City Hall every December.

“The town decorates all these trees for Christmas, but I always do mine with Chanukah decorations,” Nikki said. “We tie ribbons around cinnamon sticks and have blue and white lights. Everyone loves my Chanukah tree and it’s a great way to show our Jewish pride.

“Our Jewish values play a big part in our daily life. It’s who we are, not what we are.”✧

smiles are in the bag

- popcorn bags • favor bags • themed packaging
- fresh-popped onsite • variety of flavors available

denise@docpopcorn.com • 713-907-0733

dippin' dots ICE CREAM

Now offering indoor or outdoor service!

Email - iwantdippindots@yahoo.com

All flavors are Kosher Dairy or Kosher Parve

It's time to party!

Choose us for your next event:

- Bat/Bar Mitzvahs • Graduations
- Wedding Receptions • Parties
- Group Meetings • Corporate Events
- or any other special occasion!**

Contact us: 713-907-0733

IT IS MY HIGHEST
HONOR AND PRIVILEGE
TO SERVE

you,

YOUR FAMILY AND
THE COMMUNITY.

If my office can ever be of any assistance,
please don't hesitate to call:

County Assistance: 832-927-4444
Other Assistance: 832-856-2354



Keep  Commissioner **JACK CAGLE**
Precinct 4
CommissionerJackCagle.com

Pol ad paid for by Committee to support R Jack Cagle, Robert A. Eckels, Treasurer

It's in the Cards!



ALL PHOTOS BY RENE ALVAREZ

Phyllis Rosen helps a table full of ladies learn how to play Canasta at the ERJCC.

Teaching canasta helps senior find friendship, battle cancer

BY JUDY BLUESTEIN LEVIN | JHV

Phyllis Rosen, 89, loves a good game. When she's not playing canasta or mah-jongg, she's playing Wordle with friends or doing The New York Times crossword puzzle. So, when she relocated to Houston from Dayton, Ohio, nine months ago, her daughter, Lori Rubin, knew she needed games in her life.

"I was anxious to play. But nobody was interested," said Rosen.

Rosen, who has been battling two active cancers and surgery that left her in rehab for four months, needed the distraction that only a good hand of canasta could provide.

"I called the J to see if anyone played canasta there," said Rubin, who remodeled her home to accommodate her mom. But, currently no one was playing canasta – Rosen's favorite card game.

Judy Weil, Adult Programming coordinator for the Evelyn Rubenstein Jewish Community Center, answered Rubin's call. Canasta wasn't on Weil's radar. Then, by happenstance, Lori Jacobs, who had just moved to Houston from Florida to be near her granddaughter and great-grandchildren, was looking to join a canasta game.



Lori Jacobs and Phyllis Rosen have taught close to 60 people how to play canasta at the ERJCC.

Was this a resurgence of the game played 50 years ago?

Intrigued, Weil sent out a group email. In it she asked, "What is your game?"

"I had this overwhelming response," Weil told the JHV.

To her delight, dozens expressed interest in canasta – but they didn't know how to play.

"Many baby boomers have fond memories of their grandparents playing it when they were young, and some have told me their

grandparents taught them how to play," said Weil.

Jacobs loved the reaction. "Judy, G-d bless her, didn't have an experienced player, but she sent out an email and there was a torrent of people wanting us to teach them how to play," said Jacobs, who wrote a small book containing canasta rules for the students.

Next, Weil called a meeting to introduce Rosen to Jacobs and ask if they would teach the game. The answer was a resounding yes.

From February through the beginning of June, nearly 60 people have learned to play canasta at the J. Several classes later, they have a cadre of people with whom they can play.

"It's all been word of mouth," said Weil. "I didn't want to charge people for the classes. Lori and Phyllis were so gracious and offering their time to teach. So, it was kind of a win-win. They could teach people to master a game they love and thereby create a pool of people who they can then play with after they learned – because they really wanted to play canasta.

"Because I had a huge waiting list, I needed to find at least two more instructors, and my search led me to Rhonda Glick, who recommended Irene Pearlman, who also graciously donated their time," said Weil.

Now that so many have mastered the rudiments of the game, it was up to Weil to create a time and a place where the group could play. The J now has two days a week with open play. Each session averages six tables of four players.

"And, there's an energy in the room when I go into the Senior Lounge when it's filled with all the canasta players," said Weil. "There's just a really wonderful, wonderful



Clockwise from left, Leda Karchmer, Arlene Karchmer, Geraldine Woolf and Barbara Mandelstein enjoy canasta at the ERJCC.

energy in there."

While the women play, they answer questions and make suggestions. The players are novices, but Rosen noted that they are getting it. "They're all catching on to it. This is wonderful because they're looking at their cards with meaning. It's very fulfilling," said Rosen.

"I will continue to teach because I just love being with people and enjoy them lighting up when they get it – that's the best part," said Rosen, beaming.

More than a game, canasta is a way to reconnect after COVID and other illnesses. Both Rosen and Jacobs, in part, moved across

the country to be with family after the forced isolation created by the illness.

Days after arriving in Houston, Jacobs had to have a knee replacement, and she said to herself, I can't just sit here. I need community.

"I have always worked at home, so I work by myself, but somehow COVID made everything much lonelier," said Jacobs. "I didn't really have many friends in Florida, and I didn't have any family, and I felt like I needed to be near family. I came here and then the JCC has become a family."

Weil sees that, too. "I get phone calls all the time from concerned adult children look-

Thank you

TO OUR JEWISH COMMUNITY!





HOUSTON
JEWISH FUNERALS

713-666-0257 • HOUSTONJEWISHFUNERALS.COM

5455 DASHWOOD ST. STE 700 • BELLAIRE, TX 77401

A Traditional JEWISH SHIVA deserves traditional JEWISH FOODS

We coordinate with a family member or person representing the family to set up an account to take donations. We offer full-service catering/staff to make this time of grief less stressful for you and your family. If your home is unavailable for accommodating family and friends for shiva minyans, The Schmooze Room at Kenny and Ziggy's can be another option to host a minyan.

Call our Shiva Hot Line at 713-679-8459 or
with our Catering Department 713-871-8883



Kenny & Ziggy's
NEW YORK DELICATESSEN RESTAURANT

1743 Post Oak Blvd Houston, TX 77056
Open every day 8:00 am to 9:00 pm.
kennyandziggys.com

ing for activities for their older parents who have relocated to Houston due to a variety of reasons.

"Additionally, the COVID cocooning – as I call it – has impacted everyone and, for the older demographic, particularly those who were living alone and not accustomed to the isolation, realized how important family and friends were," said Weil.

"I love the fact it brings the community together. People are playing with people they've never met before. And, I'm getting to know people I couldn't find on my own," said Rosen, who now has a new pal in Jacobs.

"We've become friends," said Jacobs. "We've gone to the movies, we lunch together. We talk, and we taught the classes together."

"It is these kinds of personal, human connections that are more valuable than anything," said Weil.

"Both Phyllis and Lori are very social and enjoy being with people," said Weil, who considers herself a bit of a yenta. "This was a match made in heaven."

"What I am doing is forging a community, and I'm making a life for myself – that, at 80 years old. I wasn't so sure that I could do," confided Jacobs. "But, I find I can do just about anything that I used to do."

"In the meantime," said Rubin, "Mom's treatments are completed, and she is cancer-free and thriving. Her activity in the community, and opportunity to meet so many people, surely played a role in this."

"And everywhere I go," said Rubin, "people tell me, 'I'm learning canasta with your mother.'"

For information about Adult Programming at the ERJCC, contact Weil at jweil@erjchouston.org or visit erjchouston.org. ☆

STAY *ZAZA*®



REDEFINING YOUR EVENT EXPERIENCE

WEDDING VENUE | BAR/BAT MITZVAH | ZASPA

REHEARSAL DINNERS | RECEPTIONS

POST-WEDDING BRUNCHES

SHABBAT DINNER | CONCEPT SUITES

MEMORIAL CITY | 9787 KATY FWY. | 713.860.4540

MUSEUM DISTRICT | 5701 MAIN ST. | 713.639.4500

HOTELZAZA.COM



RUSSELL W. HALL, J.D., LL.M. (TAX)
ATTORNEY AT LAW

BOARD CERTIFIED
ESTATE PLANNING AND PROBATE LAW
TEXAS BOARD OF LEGAL SPECIALIZATION

REMEMBER US FOR ESTATE PLANNING AND ADMINISTRATION

We offer no-obligation initial interviews in these areas, so it costs nothing to explain your family, your assets, and your goals, and to hear specific recommendations that suit your needs. Foreign nationals and international families welcome.

FROST BANK BUILDING
6750 WEST LOOP SO. STE. 920
BELLAIRE, TEXAS 77401

📞 713.662.3853

🌐 bellaireprobate.com/blog



**Ignite the spark
that will last a lifetime**



The Shlenker School
5600 N. Braeswood Blvd. Houston, TX 77096
713.270.6127 | www.shlenker.org



**THE
SHLENKER
SCHOOL**

Contact Tara Gassett, Director of Admissions and Development,
at tgassett@shlenker.org or 713.270.6127 for more information.



**The J is your home for exceptional fitness, cultures,
social, wellness programming. Whatever your age
or stage in life, we are the center of it all!**

EARLY CHILDHOOD | CAMPS | GYMNASICS | AQUATICS
DANCE | FITNESS & TENNIS | JEWISH LEARNING
ADULT PROGRAMS | ARTS & CULTURE | SENIORS

SAVE THE DATE!

50th Ann and Stephen Kaufman Jewish Book & Arts Festival
October 22-November 6, 2022

Our New J Building Dedication | February 26, 2023
33rd Annual Children's Scholarship Ball | March 5, 2023

EVELYN RUBENSTEIN JCC HOUSTON
A United Way Agency
5601 S. Braeswood | Houston, TX 77096

erjccchouston.org



JFS Houston
Celebration Company
For the Good of Life

SHIPPING AVAILABLE!

3 WAYS TO GET YOUR HONEY CAKES!

Millie Dean's Honey(less) Cakes

1. Bake it yourself (\$15)

Each bag makes 2 honey cakes.

2. Purchase a gift box (\$35.99)

Gift box includes honey cake mix,
coffee, and holiday napkins.

3. Let us bake for you! (\$10-\$13.50)

Pre-made honey cakes are available,
while supplies last!

PLAIN • WALNUT • CHOCOLATE CHIP



Order online or in person
store.celebrationcompany.org



Pareve

Gallery/Retail Store: 713-986-7860
4131 S. Braeswood Blvd.
Monday-Friday 10am-4pm



MAZEL TOV TO CELEBRATION COMPANY ON OUR 13TH ANNIVERSARY!

Shopping at Celebration Company not only helps to provide you with a meaningful
gift but helps you to provide meaningful employment to our employees.

Dr. Stanley Appel:

A pioneer in ALS research and treatment

BY AARON HOWARD | JHV

Dr. Stanley H. Appel has devoted more than six decades studying how the human brain works and clinically treating neurodegenerative diseases. These diseases include amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease) that occur when nervous system cells in the brain and spinal cord become dysfunctional.

In June, the Muscular Dystrophy Association presented Dr. Appel with the MDA Tribute Award to celebrate the 40th anniversary of what is now the Houston Methodist Neurological Institute's MDA ALS Research and Clinical Center. Established here in 1982 by Dr. Appel, the center was the first multidisciplinary clinic dedicated to ALS patient care and research in the United States.

ALS is a progressive neuromuscular disease that destroys muscle-controlling nerve cells, called motor neurons. As nerve cells become nonfunctional, the muscles they control become weak and then nonfunctional. Although each person experiences a unique disease course, the hallmark of ALS is progressive muscle weakness.

In early stages, ALS patients experience muscle weakness, cramping and/or twitching, often in arms and hands. Gradually, the muscle weakness gets worse and spreads to other parts of the body. A person will lose the ability to walk, to use their arms and hands, to control their saliva, and to swallow and speak.

In the late stages of ALS, most of a person's voluntary muscles will become paralyzed. The person no longer will be able to eat, speak or breathe on their own. They will require a feeding tube and a ventilator for these tasks.

Some people with ALS never will develop changes in thinking or behavior. For others, there will be mild to moderate changes in how they think or behave. However, most still are able to think independently and make informed decisions about their care.

Currently, there is no cure for ALS. Approved therapies only mildly slow the progression of the disease.

ALS, or Lou Gehrig's Disease, was named



Dr. Stanley H. Appel

after the New York Yankees Hall of Fame baseball star who played in 2,130 consecutive professional baseball games prior to being diagnosed with the disease.

Understanding how the human brain works is an incredible challenge, Dr. Appel told the JHV.

"I still haven't solved the problem of the brain, the totality that describes how we think and feel. In my career, I've focused on a number of neurodegenerative diseases. What most fascinates me is how to solve the unmet needs of my patients afflicted by these diseases," said Dr. Appel.

He elaborated, "As a research physician, you can understand the complexity of the problem. As a clinician, I can understand the needs of my patients."

He calls ALS "the nice guys' disease."

"Most of my patients are referrals. They've been on the internet and what often appears about the disease is a real downer. After establishing the diagnosis, we discuss that

there is currently no cure. We go through the emotional, as well as the physical challenges of ALS. And, we go through the steps of showing patients what they can do and how we can help them achieve a quality of life.

"With ALS, the body wastes away. In contrast, Alzheimer's patients aren't aware of the devastation the disease is causing their families. Yet, ALS patients are aware. When you see the courage of these individuals, it's amazing. Patients with ALS are, in general, the most courageous people you'll find.

"The outcome – the fact that they are more concerned about how you're doing than they are when we meet. That is unique among diseases," he said.

Dr. Appel describes himself as the first-generation product of two immigrant families. His father, Joseph, came to the U.S. from the town of Korets. Currently part of Ukraine, Korets formerly was part of Russia. The majority of the town's population was Jewish until the community was annihilated

by the Nazis in 1942.

A history of the community can be found in “Korets (Wolyn) Sefer Zikaron” or the Korets Memory Book.

“I was reared in a household where intellectual pursuits were always supported,” Appel said. “I went to Boston Latin, which was the oldest public high school in the U.S. and always one of the top academic high schools. Those of us who graduated usually went on to scholarships at schools like Harvard.”

At Harvard, Appel majored in business, not pre-med. He even earned an M.B.A. at Harvard.

“Business seemed a little anti-intellectual to me,” recalled Appel, “but what did I know at age 22?”

After initially taking a job as a management consultant, Appel decided to switch to medicine and began taking pre-med courses. He obtained his medical degree at Columbia University where he met Dr. Murray Bornstein, renowned physician and neurological researcher in multiple sclerosis.

“Murray instilled an appreciation of the rigors of the scientific method. At this point in my life, I’ve learned that I’m persistent, and resilient, as well. That’s important because, as we all know, it’s not how many times you get knocked down. It’s how many times you get up.”

In 2019, the ALS Association, ALS Finding a Cure (ALSFAC), and MDA jointly awarded a \$2.5 million clinical trial grant to Dr. Appel and his team of researchers at the Houston Methodist Neurological Institute and to Dr. Merit Cudkowicz and his team at Massachusetts General Hospital. The grant allows Dr. Appel to expand Phase 1 of his study of an immunotherapy treatment that could slow or stop the progression of ALS.

Dr. Appel and his team discovered that a key component that accelerates ALS progression is the breakdown of regulatory T



Dr. Rodney Howell presents Dr. Stanley Appel with the MDA Tribute Award earlier this year.

cells, also known as Tregs. Regulatory T cells are immune cells that help protect the body from harmful inflammation by suppressing immune response. Dr. Appel found many of his ALS patients not only had low levels of Tregs, but also that their Tregs were not functioning properly.

In Phase 1 of the study, the research team removed blood from eight ALS patients, via leukapheresis. This is a laboratory procedure in which white blood cells are separated from the red blood cells in a patient’s blood. Once the white blood cells were outside the body, the number of each patient’s Tregs increased in vitro. The Tregs then were returned into the patients.

The results suggest that autologous passive transfer of expanded Tregs might offer a novel cellular therapy to slow disease progression.

The Phase II study will consist of randomized, placebo-controlled trials to test clinical efficacy, safety and tolerability of different doses of Tregs.

Family members and caregivers caring for people with ALS may experience increasing levels of frustration as the patient’s abilities diminish. They may benefit from supportive counseling, support groups, spiritual counseling, or increasing their own focus on taking care of themselves so that they have more resources to offer the person with ALS.

“Watching people endure the wasting of their muscle control and seeing them defiant in the face of a sure and steady loss of communication and independence makes me defiant, too,” said Appel. “Our team puts that inspiration to work in the clinic and in my lab, where we are on a promising path to finding effective therapies to slow ALS.” ☆

An advertisement for The 77 Bellaire venue. It features a background image of a buffet table with various food items and a floral centerpiece. Overlaid on the image is a white box with text. At the top is a circular logo with the text "the SEVEN SEVEN". Below the logo, the text reads "THE VENUE YOU'VE BEEN LOOKING FOR". Underneath that is a yellow box with the text "The Perfect Backdrop For:". Below this, the text lists "Corporate Events", "Luncheons and Galas", "Life Celebrations", and "Receptions and More". At the bottom, a yellow banner contains the text "THE77BELLAIRE.COM".

An advertisement for Goldberg Montessori School. It features a blue background with a white geometric pattern. On the left is the school's logo, which includes a stylized star and the text "גולדברג GOLDBERG MONTESSORI SCHOOL" and "HONORING THE PATH OF THE CHILD". In the center, the text reads "18 months - kindergarten". Below this, the address "4610 Bellaire Boulevard, Bellaire TX 77401" and phone number "713.723.3856" are listed, along with the website "gmshouston.org". On the right side, there are three small photographs of children engaged in activities: one child is sitting at a table with a candle, another is playing with blocks, and a third is painting.

Our *Family* is *Growing*!

WELCOME TO ALL OUR NEW BYDS FAMILIES!



Come see why our families choose to "START HERE."

- INDIVIDUALIZED APPROACH
- INNOVATIVE JEWISH EDUCATION
- MULTILINGUAL INSTRUCTION
- FLEXIBLE LEARNING SPACES
- COMPETITIVE ACADEMICS
- SHARED COMMUNITY VALUES



BETH YESHURUN
Day School
START *growing* HERE.

INFANTS - 5TH GRADE | WWW.BYDS.ORG
BOOK YOUR TOUR 713.666.1884 | ADMISSIONS@BYDS.ORG



We're in your neighborhood! The Lou Lewis Skilled Nursing Program



JEWISH SENIOR CARE SERVICES

SINCE 1943

Honor and Nurture, Together



We are dedicated to helping you achieve the highest level of recovery to successfully return home following a hospital stay.

We provide full-time medical services, customized short-term skilled nursing/rehabilitation care and long term care services.

Call us today
713-778-5712

6200 North Braeswood Blvd. • www.sevenacres.org

INTEREST FREE MONEY

THE HEBREW FREE LOAN ASSOCIATION
OF HOUSTON HAS FUNDS AVAILABLE
FOR LOANS.
NO INTEREST OR FEES



HFLA
Hebrew Free Loan Association
of
HOUSTON



- General Needs
- Flooding
- Small Businesses
- Education
- Healthcare
- Housing
- Transportation
- Fertility/IVF



twitter

VISIT OUR WEBSITE: WWW.HFLA.NET

OR CALL US AT 713-724-8997



ROBERT M. BEREN ACADEMY

15 Months - 12th Grade

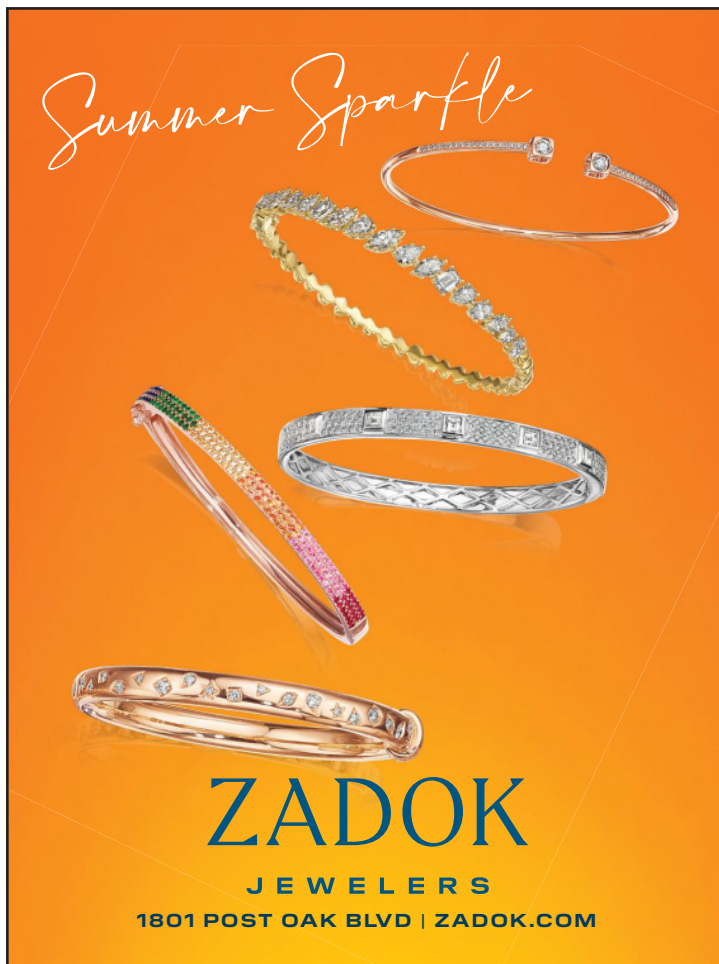
For a private tour please email
fnatereberenacademy.org
or call 713.723.7170



www.berenacademy.org



Summer Sparkle

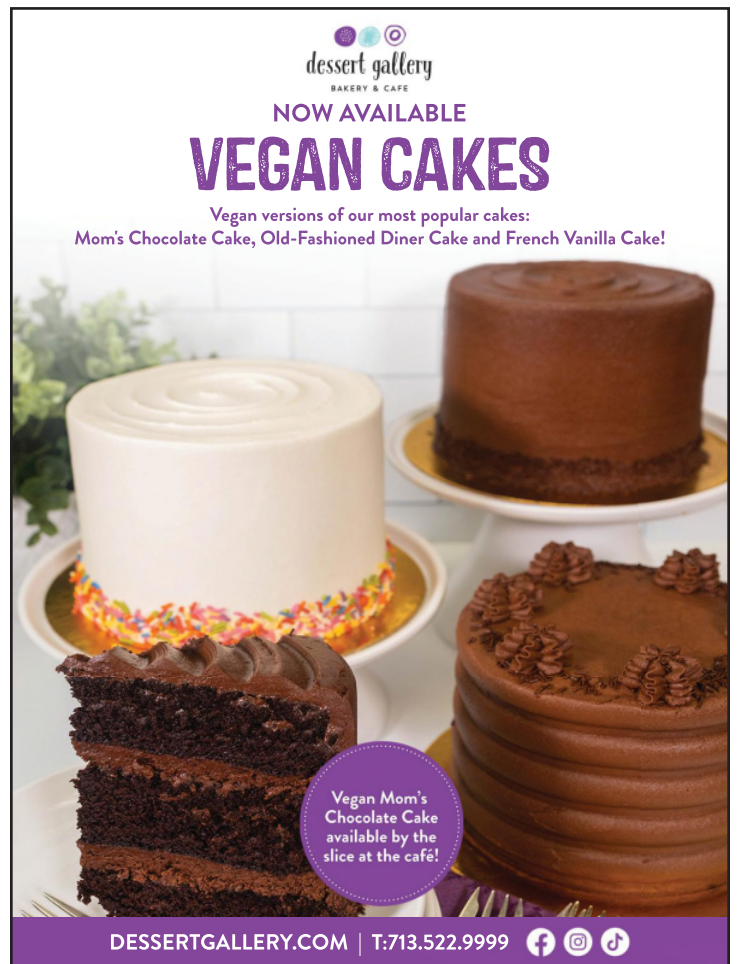


ZADOK
JEWELERS
1801 POST OAK BLVD | ZADOK.COM

dessert gallery
BAKERY & CAFE

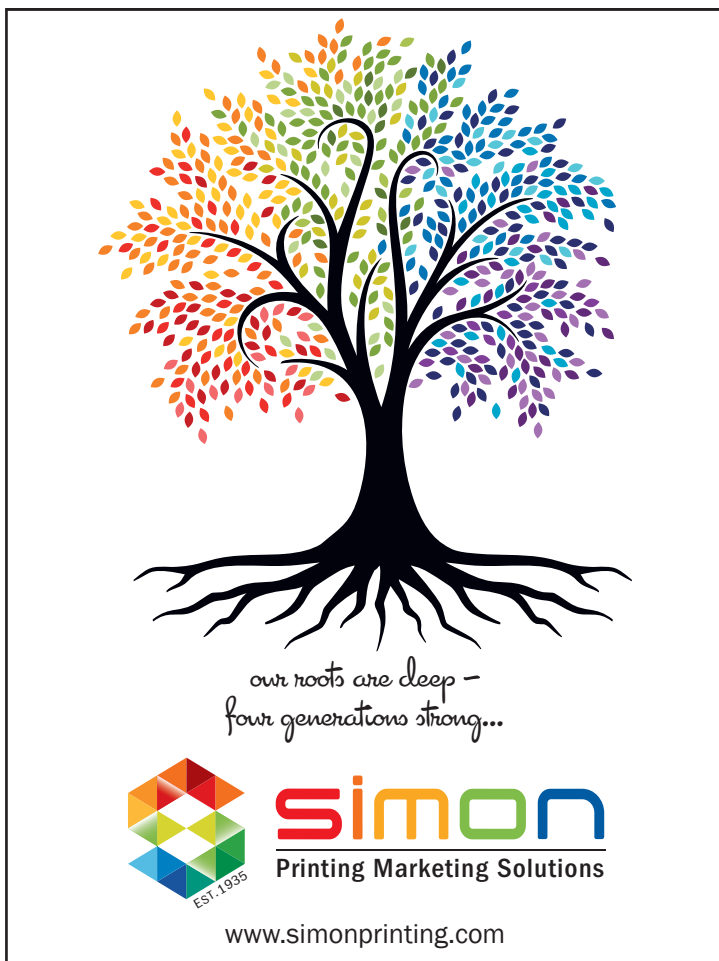
NOW AVAILABLE
VEGAN CAKES

Vegan versions of our most popular cakes:
Mom's Chocolate Cake, Old-Fashioned Diner Cake and French Vanilla Cake!



Vegan Mom's Chocolate Cake available by the slice at the café!

DESSERTGALLERY.COM | T:713.522.9999



our roots are deep -
four generations strong...

simon
Printing Marketing Solutions
EST. 1935

www.simonprinting.com

Beyond Free
IBC Free Checking

A personal checking account **FREE**
of monthly service charges.
No minimum balance
or direct deposit required.

Open an account **online** at **ibc.com**

FREE Debit Card at account opening
Mobile Banking App.
Card Controls App.

IBC BANK
ibc.com | f @

MEMBER FDIC/INTERNATIONAL BANCSHARES CORPORATION





The Dulles High School Dulles Dolls dance team.

Dance Team Leader Takes Roundabout Journey to Rediscover Her Passion

BY MATT SAMUELS | JHV

Ever since she was young, Kayla Sokoloff knew she wanted to be working in the dance world.

What she didn't know was how many extra steps and dance moves it would take to get there.

Sokoloff's journey has taken her from Sugar Land to Austin to Washington, D.C., and has included ankle surgery, a career change and a whole bunch of determination.

Now, more than a decade after she shined as a team captain of the Dulles High School Dulles Dolls dance team, Sokoloff has returned to her alma mater as the dance director.

"In kind of a crazy way, everything just lined up," Sokoloff told the JHV. "Twelve years after I graduated, I'm back where I started. I definitely took a roundabout journey."

After graduating high school in 2011, Sokoloff went to The University of Texas to major in dance.

After one semester, however, she realized dance in college is very academic, but not as competitive as she would have liked.

Sokoloff also was having physical issues with her ankle, eventually necessitating surgery.

The recovery gave Sokoloff time to examine her future.

"That first winter break I said to myself, 'I am at the best university in Texas and there are so many other opportunities to learn other things,'" she said.



Kayla Sokoloff was one of the Dulles Dolls team captains in 2011.

"At that point, all I knew was dance and this was my wake-up call that there may be other avenues I could explore."

Sokoloff began to become involved in Hillel and Chabad on campus. Then came an opportunity to intern at Hillel International in Washington for the summer after her freshman year.

"That very much changed my trajectory," Sokoloff said.

"I've been very one track – I get very passionate about things and I think, as the passion for dance was getting pushed to the side a bit, I increased my passion for Jewish communal work, and that became my focus."

After graduating UT with a history degree, Sokoloff earned a coveted job with the Bronfman Fellowship, moving to D.C. to work in the office of the president of Hillel International.

Sokoloff helped Hillel start its international student board. She led a Birthright



Kayla Sokoloff is now the 2022 Dulles Dolls director.

trip to Israel and enjoyed many eye-opening experiences.

"I got a real bird's-eye view at what goes on at an international nonprofit," Sokoloff said. "I'm super grateful for that experience."

Sokoloff was big on social justice and then started working for the URJ's Religious Action Center. She worked in fundraising, but her role was more behind the scenes

and she said she needed to be more of a people person.

With a degree in history and government, Sokoloff decided to move back to Texas and become a teacher. After becoming certified, she accepted the first interview she went on, teaching history in Houston ISD. In her new role, she said her Jewish values helped shape who she was as a teacher.

"Most of my kids in HISD were from other countries and had never met a Jewish person," she said. "Everyone assumes I'm Christian when they meet me as their teacher for the first time.

"One of my missions is to be a representative to those that haven't met Jews. Around the holidays, I always put up Chanukah stuff and talk about it. I am very loud, proud and Jewish.

"I always felt that if they had a positive interaction with me, they would think positively of the Jewish people."

After two years of teaching history in HISD, Sokoloff felt a calling from an old love.

"I knew what I really was supposed to be doing was teaching dance," she said.

So, when the assistant director job opened up at her former school, Sokoloff



Kayla Sokoloff with former director Rachel Caldwell.

jumped at the opportunity.

"It really felt like *bashert* or fate when I applied for the position at my old high school," she said.

Sokoloff helped co-lead the Dulles Dolls, which performs and competes on many different levels, from football halftime shows to

competitions around the state.

"Dance is a mixing of the artist and the athlete – that is a guiding principle for me," Sokoloff said. "It is a creative, athletic outlet."

At the end of the 2022 school year, the head director left and recommended Sokoloff for the job.

"For the last three years, I was able to make an impact on the program, but also learn," Sokoloff said. "Now, I know the kids, and I am confident in the direction I want to take the program.

"I have a hard work ethic and I'm really competitive and I push that on the kids. I teach them accountability, responsibility and work ethic – working through grit."

Sokoloff sees that the experiences she had in Austin, D.C. and Houston ISD have helped her become the person she is today.

"I bring what I have learned along the way back to my dance team," she said. "If I didn't have those experiences, I wouldn't be the leader that I am today for these kids. It was a roundabout path, but I feel like it was meant to happen so I could be back in dance leading this program." ☆

*Supporting the needs of the
Jewish Community*

CHEVRA KADISHA OF HOUSTON

Jewish Burial Society

Continuing the sacred tradition of preparing the deceased for burial with care and respect

The Chevra Kadisha is available to speak to your group or organization

(713) 776-2438

WALK-IN BATHTUB SALE! SAVE \$1,500⁰⁰

American Standard Walk-In Tubs

- ✓ Backed by American Standard's 150 years of experience
- ✓ Ultra low ease of entry and exit
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, **INCLUDING** labor backed by American Standard
- ✓ 44 Hydrotherapy Jets for an invigorating massage

Limited Time Offer-Call Today!

866-748-0427

Help the JHV continue to provide our community with Houston Jewish news

Give a gift subscription to a friend or family member so they, too, can receive 57 issues a year of Houston Jewish news, food, culture, health, schools, sports, simchas and so much more!

713.630.0391 • jhvonline.com/subscribe



MEYERLAND MARKET

STORE OPEN DAILY 6AM - 11PM
4955 BEECHNUT ST. HOUSTON, TX 77096



PROUDLY SERVING MEYERLAND FOR OVER 25 YEARS

YOUR ONE-STOP KOSHER SHOP

We have certified Kosher items produced in-store at your Meyerland Market H-E-B and approved by our full-time mashgiach. Choose from our Kosher coffee & sandwich bar, Kosher sushi selections, Kosher custom cuts from our meat market and our Kosher bakery featuring a selection of Kosher cakes, bread, bagels and tortillas. Plus, so much more! It's all easy to find - just look for the Kosher signs!



KOSHER MARKET

Fresh cuts of beef and lamb all prepared in-store at our Kosher Market Prep Room by our Kosher trained H-E-B Certified Meat Cutters.



KOSHER FRESH-SQUEEZED JUICE

H-E-B Fresh Juices are squeezed in-store in our Kosher Produce Prep Room and available every day!



SUSHIYA
SUSHI HOUSE

Fresh! THAT'S HOW WE ROLL

Every Kosher sushi roll is rolled fresh every day with the highest quality sustainable seafood ingredients. Quality meets freshness with H-E-B Sushiya®.



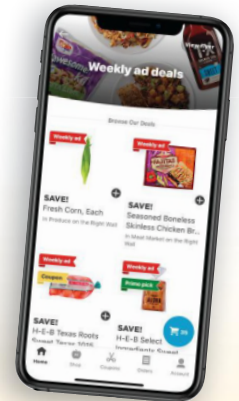
KOSHER BAKERY

We are baking Kosher every day! All of our Artisan Breads, Warm Tortillas and Bagels come fresh out of our Kosher Bakery. Custom-ordered cakes also available. Just ask!



My H-E-B

DOWNLOAD
the new
My H-E-B App
or
visit **heb.com**
to see our weekly ad.



Offers shown on app screen are examples only and may not reflect actual offers.

FREE

H-E-B
curbside

Online prices may vary from ad/in-store. See heb.com





The service you receive should be just as valuable as your home.

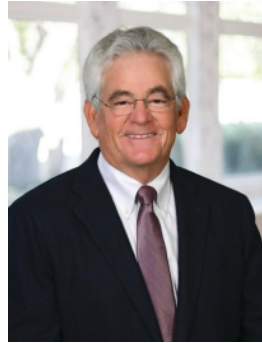
Built on centuries of tradition and dedicated to innovating the luxury real estate industry, Sotheby's International Realty offers transformative experiences through a global network of exceptional agents.



Shayna Andrews
713.367.8906



Terry Cominsky
713.443.1610



Michael Krakower
713.204.5000



Hedley Karpas
713.444.5721



Judy Levin
713.204.8807



Brena Moglovkin
832.264.6007



Ina Perlman
832.282.0211



Jim Rosenfeld
713.854.1303



Nancy Stow
713.299.5074

Martha
Turner

Sotheby's
INTERNATIONAL REALTY